



THE FRC SCOOP

A newsletter for the FRC community

Fremont Family Resource Center

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Helping Children Cope with Crisis

Reprinted from Child Care Links FYI Handout

Crisis situations such as war, bombings, earthquakes and tsunamis can dominate the news in graphic detail and be frightening to children of all ages. While adults attempt to sort out details and practice selective listening skills, children do not have this ability. Issues such as war and peace, terrorism, and acts of nature are abstract terms that are difficult for children to understand. Children respond to the emotions and reactions of the adults closest to them. It is important that children see that the adults they trust are in control.

However you choose to cope with a crisis situation near home or in the media, children need to know that the adults in their lives are in control and are there to keep them safe. This may be a time to refocus as a family. Take some walks, go on a picnic, read favorite stories aloud, and reaffirm the self-worth of all individuals.

One of the first steps in helping children cope with and make sense of any situation is to listen and respond to the child's questions; not to your fears. Children need explanations in concrete terms that they can identify with. When there is a crisis in another city, state, or country, school age children may find it helpful to look up those areas on a map or globe. One should also remember to present information in a matter of fact way. "Gas masks help people breathe. They do not have to be worn forever."

Young Children & School Age

Do not let children watch television or listen to a radio news program alone. An adult should be there to interpret the news and answer questions. Be selective in television viewing. In reference to situations of war and/or terrorism, try to explain that people worldwide want peace also have families and children they care about, and the same needs and fears.

If war is currently taking place and greatly publicized, it is normal to see more war games being played among children. You might want to expand war play by discussing the kinds of things military personnel do, besides fighting, such as developing secret codes, exercising to stay physically fit, team work, learning how to read maps, helping people, etc.

Having children draw pictures or write stories about their fears might be one way to help them feel they have some control over their emotions. Do not belittle their fears and questions. Reassure children that just because they are afraid, does not mean they are in danger. Participating in a specific activity is

another way to help children feel a sense of control in a confusing world. Children can write letters, send drawings or even organize a donation drive to help crisis victims.



Junior High & High School

Junior high and high school aged children may also be concerned about crisis situations near home and abroad.

It is important that adults recognize and support these children's emerging beliefs about life, death, religion, war, and peace. Providing a sympathetic non-judgmental ear is the most beneficial course of action.

Along with the activities listed for younger children, teenagers may also wish to participate in a local blood drive campaign. Anyone 17 to 66 years who is in good health and weighs over 110 pounds may give blood.

Children 15 to 17 years may give blood with written parental consent. Children under 15 may give blood with written consent from a parent and written authorization of a physician.

Parents and childcare providers can contact their local library, children's teachers and area referral & resource agency for reading materials and/or book suggestions.

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From the FRC Administrator

By Judy Schwartz

Family Resource Center: FRC. What do these words mean? What distinguishes an FRC from other entities? I was pondering these questions yesterday when I had the unusual opportunity to work with one of our customers, helping her to get connected to the services available here that she needed. As Administrator, I don't often have the pleasure of working directly with our customers, but yesterday I was covering for our case managers during this holiday week. I was reminded in a very personal way, of the importance of the work that all of you do every day. The resources available under these two roofs that form our FRC can be literally life saving for the families we serve. As a social worker, I am so proud to be a part of this unique collaboration that offers easy family friendly access to critical social services for the families we work with.

One important distinguishing characteristic of FRCs is co-location of multiple service providers and integration of the service delivery system. The concept is that no matter what door a customer walks into, s/he will have immediate and easy access to all the services available here. This is only possible if all of us who work here are knowledgeable about what happens here. Are you familiar with what goes on in the agency next door to you? across the hall? in the other building? If your customer asks you "Can I get some counseling for my child here?" or "Can you tell me where I can get my taxes done for free?" can you answer their question?

I am delighted that we now have an additional person on our core team whose job, as Service Integration Specialist, is dedicated to helping all of us work effectively together. Many of you have already met **Christine LaBadie**, who started work here right before our Day Away. Christine comes to us from the corporate world, where she managed education for employees at Hewlett Packard and facilitated service integration within a large corporation. Christine will be reaching out to many of you, encouraging you to get involved on a committee, and/or participate in a training, all geared toward helping YOU do YOUR JOB better, and thereby assisting and partnering with our customers in the most effective way.



Service Integration Specialist
Christine LaBadie

As a Family Resource Center, we also have the opportunity to work together with other FRCs on policy and funding issues. There is a movement occurring to establish a state-wide organization to promote the practice of family support principles and strengthen programs that have the interest of families at heart. This new organization is tentatively being called the California Family Resource Association. I look forward to our FRC joining this new organization, and enhancing our ability to advocate most effectively for coordinated policies that strengthen families.

All told, it is people who care, that make an FRC more than just a building with a bunch of agencies inside. Thank you for making this FRC a valuable resource for all who enter.

THIS WORK...

EXHILARATING AND EXHAUSTING

DRIVES ME UP A WALL AND OPENS DOORS I
NEVER IMAGINED

LAYS BARE A WIDE RANGE OF EMOTIONS YET
LEAVES ME FEELING NUMB BEYOND BELIEF

PROVIDES TREMENDOUS SATISFACTION AND
LEAVES ME FEELING PROFOUNDLY HELPLESS

EVOKES GENUINE EMPATHY AND PROVOKES A
FEARSOME INTOLERANCE WITHIN ME

PUTS ME IN TOUCH WITH DEEP SUFFERING AND
POINTS ME TOWARD GREATER WHOLENESS

BRINGS ME FACE TO FACE WITH MANY POVERTIES
AND ENRICHES ME ENCOUNTER BY ENCOUNTER

RENEWS MY HOPE AND LEAVES ME GRASPING FOR
FAITH

ENABLES ME TO ENVISION A FUTURE BUT WITH NO
ABILITY TO CONTROL IT

BREAKS ME APART EMOTIONALLY AND BREAKS ME
OPEN SPIRITUALLY

LEAVES ME WOUNDED AND HEALS ME

Ken Kraybill, MSW Healing Hands

THE FRC SCOOP

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The FRC Scoop is published four times a year and is distributed to FRC agencies, funders and other interested parties. Its mission is to provide a forum for the exchange of ideas and information among FRC agencies in order to create a more integrated service delivery system for our clients.

The FRC Scoop is a publication of the Fremont Family Resource Center, a collaborative of 22 city, county, state and non-profit agencies lead by the City of Fremont Human Services Department. For more information, contact Christine LaBadie at 510-574-2292 or Clabadie@ci.fremont.ca.us.

VITA Starts Third Season!

by Sumathi Vijayakumar

The FRC Volunteer Income Tax Assistance Program is in session. Once again, low-income families are getting their tax returns prepared free by trained volunteers. This year, volunteers signed up on an innovative volunteer website, which is a boon in terms of managing volunteers. We have about 70 volunteers serving as tax preparers, screeners, greeters, floaters, translators, transmitters, trainers and coaches. Most of our volunteers are bilingual which is extremely helpful in our community.

Sumathi Vijayakumar, VITA Coordinator, is in charge of managing the VITA activities and volunteers. Sumathi is well equipped for her position, having served as a volunteer in the VITA program for the last two years.



In 2003, we served 421 families and clients saved \$368,093 in Earned Income Tax Credit alone, plus another \$80,738 Child Tax Credit. State refunds were \$38,984 and federal refunds were \$549,158 for a grand total of \$588,142! This year we are aiming to serve 450-500 families and surpass last year's results.

The FRC VITA campaign is part of a county-wide effort "Earn it! Keep it! Save it!" aimed at improving the financial independence of low-income families in our community and increasing the number of Alameda County families who claim the EITC. The VITA effort is a collaboration whose major partners are the United Way of the Bay Area, the IRS, the Alameda County Department of Social Services, and the Annie E. Casey Foundation. Our VITA campaign and Family Economic Success efforts here at the FRC are also supported by the Evelyn and Walter Haas Jr. Fund.

In addition to getting taxes prepared for free, VITA customers will also have the opportunity to learn about banking services and to apply for food stamps, if they are eligible.



Anyone who earned less than \$36,000 in 2004 is eligible to receive these free tax preparation services. VITA services are available Mondays and Wednesdays from February 2nd to April 13th from 4:00-8:00pm and on Tuesdays, February 8th and 15th from 4:00-8:00pm. Service is on a walk-in, first come, first-serve basis at the FRC's Caribbean Room in Building EFGH. Childcare services are available on-site for VITA clients at no cost. For more information, call Sumathi Vijayakumar at 574-2290.

Clients Should Bring to their Tax Preparation Session:

- This year's tax package and/or label
- All forms, W-2 AND 1099's
- Information for other income
- Information for all other deductions
- A copy of last year's tax return
- Social Security Card
- Picture I.D.
- Married couples filing jointly must attend together
- For Direct Deposit of tax refund in just 7-10 days, bring a voided check!

4C's Offers VITA in Hayward

by Hazel Knowles

In addition to the Fremont FRC VITA site, 4C's of Alameda County will offer VITA (Volunteer Income Tax Assistance) tax preparation services in their Hayward office.

Last year, 4C's VITA assisted 96 families, whose combined refunds totaled \$215,000! This year they want to reach even more families. With your help, they will. Please refer Hayward clients to the 4C's VITA Hayward site at 22351 City Center Drive.

The 4C's VITA service will be available throughout tax season from February 2nd through April 13th. The site will be open every Wednesday from 6:00 - 9:00pm as well as all four Saturdays in February from 9:00am - 3:00pm.

For more information, please call Hazel Knowles at 510-584-3120.



Lunchtime Learning Series 04-05

Now in it's 4th year!

Workshops are free and open to all service professionals.

Continuing Ed units (1.5) for LCSWs & MFTs are offered for a \$5 service fee (PCE#2888).

All events are in the FRC Pacific Room from 12-2pm

<u>Date</u>	<u>Topic</u>
Sep 23	Parent & Teen Counseling
Oct 28	Substance Abuse
Nov 18	Magic of Storytelling
Jan 27	How Can Vocational Rehab Services Help Your Client
Feb 24	HIV, AIDS & Hepatitis C
Mar 24	Safety in the Workplace
Apr 28	Requirements for Mandated Reporting of Child Abuse
May 26	Stress Management & You
Jun 23	Employment Services at the FRC - A Panel Presentation with Several FRC Agencies



The Fremont FRC is located at 39155 Liberty Street.

For more information, please check our website at www.fremont.gov or contact Christine LaBadie, Service Integration Specialist, at Clabadie@ci.fremont.ca.us or 574-2292.

Profile: Leadership Team Member Tony Limperopulos

by Caroline Teixeira



Tony Limperopulos is the Clinical Supervisor at both the Fremont and Pleasanton offices of Alameda County Behavioral Health Care Services Agency. He has been in this position since 1997 and with Alameda County Behavioral Health for 21 years.

Tony received his LCSW and MSW from New York University and then headed west to pursue his passion for social and child welfare. He worked for Stanislaus County in Child Protective Services and then began a private practice in the East Bay before beginning his career with Alameda County.

At the Tri-City Community Support Center here at the Fremont Family Resource Center, Tony supervises a staff of

ten, including five LCSW case managers and four psychiatrists. The agency provides counseling and medication management for Medi-Cal clients in the Tri-City area. Referrals come through ACCESS, the member hotline for Alameda County Medi-Cal recipients. The ACCESS number is 1(800) 491.9099.

When asked what he is most proud of, Tony immediately says “the wonderful staff I work with!”

Today, Tony is optimistic about the future of mental health services. He says that with the passage of Proposition 63 last November, mental health agencies like his should see additional funding for much-needed expanded services.

We are fortunate to have Tony and his staff as part of the FRC team.



Agency Spotlight: Afghan Coalition

by Mizgon Zahir

Afghan Coalition (AC) is a non-profit community-based umbrella organization seeking to rebuild Afghanistan and to empower Afghans living in Northern California. AC's goal is to encourage inter-community dialogue to explore common problems and develop community wide solutions.

This year is an exciting one for the Afghan Coalition! AC is expanding programs and developing opportunities.

In November 2004, the Afghan Coalition secured a collaborative grant through the California Endowment for the Afghan Health Partnership Program (AHPP). At a time when healthcare reform is on the minds of many policy makers, the AHPP is critical to the Afghan community. The AHPP was developed to address major obstacles of health care encountered in serving the growing Afghan community. It is a collaborative effort to build awareness and provide venues to address culturally competent healthcare. As part of the AHPP, a health consortium was developed to encourage reform through education. The Afghan Health Consortium is an opportunity to provide an outlet for dialogue, educational exchange and development of personal relationships between the major health providers in our area (Washington Hospital, Kaiser Permanente, Palo Alto Medical Foundation, Alameda County Public Health and Tri-City Health Center, and the City of Fremont Human Services Department) and the Afghan community to ensure culturally appropriate care.

As result of the newly secured funding, AC has relocated to a larger office housing the Society of Afghan Professionals (SAP), an organization that intellectually engages members of our community and is working toward creating a strong network of Afghan professionals, and the Afghan Cultural

Society, an organization that works towards enhancing cultural understanding through events rooted and telling of the Afghan culture.

AC has also welcomed new staff. **Mizgon Zahir**, editor of Afghan Journal, and staff writer for Pacific News Service is the Project Coordinator for the Afghan Health Partnership Program. **Shamsia Razaqi**, a Cal State Hayward student, and **Dr. Suraya Naseri** are Health Navigators. **Fareed Shirzai Wardak** is President of SAP and is a key liaison to the Afghan Cultural Society.



L to R, New Employee Mizgon Zahir, Director Rona Popal, Office Manager Seema Saizi

In December 2004, the Afghan Coalition launched a cable access community television program entitled Lemar, meaning sun. Lemar is an opportunity to share current events and highlight the growing Afghan community in the Bay Area. It is an important venue of cultural exchange. AC welcomes the Lemar staff, Shafi Sekandar, a well-known radio personality in the Afghan community, now TV anchor for Lemar TV, Director Habib Zelgai and Technical Supervisor Nasim.

The Afghan Coalition is central to the Afghan community in the Bay Area. It is a community center that extends its services to fit the needs of the broader community. Join us in celebrating these new projects by stopping by our office located in suite D-460. Our phone number is (510) 574-2180.

2004 FRC “Day Away”

by Christine LaBadie

On October 28th, the Fremont Veteran’s Hall was transformed into an elegant cruise ship for the FRC’s sixth annual retreat: “All Aboard! Around the FRC in 22 Days.” With passport in hand, 112 staff members came together for an educational program focusing on who we are and what we do for the Tri-City community.

“Ship directors” lead passengers through exercises to help them meet one another and network. By mid-morning, the U.S.S. FRC docked to allow passengers time to investigate the services of the 22 government and non-profit agencies that operate at the FRC. Back on ship, staterooms played the Captain’s Challenge Jeopardy Game, utilizing information learned in the fact-finding shore excursion.

The afternoon focused on the inter-agency committees who improve FRC services and operations. Each committee - Leadership, Facilities, Child Care, Scoop Editorial Board, Community Engagement and Service Integration – presented a humorous skit to describe their work and the challenges they face. Day Away attendees then joined the committees to brainstorm solutions.



Back row: Steve Eckert, Brenda-Joe Matsuo, Deb Scott, Delia Castellvi
Front row: Angie Mackey

As a result of the October 28th committee meetings, many ideas were generated and several are already being implemented. To name a few:

- The Training Committee will add stress reduction and cultural awareness topics to the Lunchtime Learning series.
- The Scoop will add several new features this year including Day in the life of a staff member, motivational quotes, a mystery person, and family profiles.
- Discovery Cove held an open house and fundraiser December 13-17 and a new marketing poster is also in the works.



Patricia Garcia, Sharyn McDavid, Wendy Bennett, Meena Kumar

The day ended with the unveiling of the staff member and agency that demonstrated outstanding inter-agency collaboration during the year. Nominations were submitted and this year’s Star of Collaboration Hall of Fame awards went to EDD Tri-City One Stop Career Center and Andrea Finley of Child Care Links. Congratulations to EDD and Andrea for a job well done!



EDD - FRC Star Collaboration Agency

Andrea Finley –FRC Star
Collaboration Staff Member



Wayne Weible, Minnie Choi,
Kanela Lucero, Caroline Teixeira,
BJ Swint, Kay Tyhurst, Catherine
Thur, Marilyn Hagerty



Part of 2004 Day Away Planning Team

Back Row: Daniella Pena, Judy Schwartz, Naomi Nakano-Matsumoto, Giselle Vieto, Karen Godfrey Lorna Sadusk
Front Row: Deborra Lay, Loretta Williams

It was an incredible day of networking and learning. Special thanks go to this year's Day Away Planning Team:

Iris Preece, Julie Machado, *Youth & Family Services*, Karen Godfrey, Leyda Cedeno, Nora Mukai-Rosenbaum, Roni Sharma, *Department of Rehabilitation*, Lorna Sadusk, *Parental Stress Service*, Shirley McPherson, Daniella Pena, *Child Care Links*, Aggie Zepeda, Patricia Guzman-Tinoco, *Social Services*, Giselle Vieto, *Healthy Start*, and Deborra Lay, Loretta Williams, Patricia Garcia, Eka Kato, Christine LaBadie, Judy Schwartz, and Suzanne Shenfil from the *FRC Core Team*. And a tremendous thanks goes to Day Away Chair Naomi Nakano-Matsumoto. Thank you!

2004 Stars

People helping people is the FRC way. FRC staff honored their peers by posting kudos on our Wall of Stars at the Day Away.

Healthy Start Staff at the FRC Welcome Center. Healthy Start is a team!

Giselle Vieto -Healthy Start

Sylvia Zapien - Healthy Start

Eloisa Murillo, Healthy Start - Pleasant smiles, has a heart of gold, dedicated helpful, courteous, beautiful inside and out, and always there!

Meena Kumar, Healthy Start - For being so sweet and helpful!

Sunhee - Thank you for your friendship and your caring ways!

Hajar Gorbhani - Discovery Cove

Discovery Cove - All Staff

Andrea Finely, Child Care Links – always helpful

Aggie Zepeda, Social Services - CalWorks for helping sort out Medi-Cal

Social Services - Sharon, Angela, Vanessa, Aggie, Patty, Quintin

CRIL-Thanks for all your referrals

Gail for her beautiful smiles

Letha Barnett, Schuman Liles - For her great humor

Tanya, Shuman Liles - Cooperative and helpful to clients

Kay Lyhurst, DCARA - for being the best boss

Jason for the sign language

Deb Scott - For having the best office

Ladeitrich Miller - SAVE

Huang Audrey - Helping people

Rona – Afghan Coalition

EDD - EJ, Wayne, Caroline, Minnie, Parveen and all staff

Octobre Vance, EDD - Job services, her winning team, Cal jobs, CSR's, business service team

The entire YFS Family Team

Iris Preece YFS - for guiding us through budget woes

Hilda Goldman, YFS - Parent Educator Extern Ordinaire

Asceneth Paez, YFS - everything!

Lisa Gioia, YFS - EPSDT Queen!

Melissa Lennon, YFS - Great Graphics and good spirit

Margaret Rossoff - Leading the infant toddler program. ITP Star

Lorna Sadusk, Parental Stress - Dedicated therapist

Sharada Bise, YFS - Her hugs

FRC Core Team - Deborra, Loretta, Ronda, Naomi, Loren, Cindy, Josh, Sumathi, Joan, Sylvia, Eka, Patricia, Ruth and Christine.

Eka Kato, FRC Core - Social worker extraordinaire

Ruth LaMer, FRC Core - Her positive attitude

Deborra Lay, FRC Core - For all your hard work! For always going out of her way to help

Loretta Williams, FRC Core - Her ability to be everywhere at once. The FRC shining star

Naomi Nakano-Matsumoto, FRC Core - Great job with the Day Away! You're nice and fun. Super Star!

2004 Day Away Committee

FRC Programs In The News

— Bay Area food banks cater to clients' cultures

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Muslims don't eat pork. Central Americans like green mangoes, not ripe ones. Asians are wary of canned vegetables and many rely on fish sauce. Seaweed is foreign to Latinos, who savor tortillas and pinto beans. African Americans prefer yams and collard greens. Observant Hindus and Sikhs are vegetarians, who wouldn't dream of eating a turkey, and consider Thanksgiving side dishes pretty weird.

This grocery list is especially important now. Annual holiday food drives kicked off this week, and the typical American fare -- peanut butter, macaroni and cheese, canned vegetables and reconstituted potatoes -- that collects in donation bins doesn't have universal appeal in the ethnically diverse Bay Area.



who helps pack food for needy families at Fremont Healthy Start. Most of her Indian clients are vegetarians for religious reasons and end up donating turkeys to other shelters.

But there is the fact that some Indo Americans think Thanksgiving fare -- like traditional stuffing -- is simply odd.

“‘Oh, my God,’ they say, ‘It tastes really bad,’” Kumar said.

Fremont Healthy Start, which provides holiday food baskets to 5,000 families annually, launched its first “ethnic food drive” last month. Donors were asked to look beyond Chef Boyardee cans in their cupboards and fill donation barrels with basmati rice, bay leaves, curry powder, lentil soup and garbanzo beans. The response was great, said program director Giselle Vieto, especially in Asian neighborhoods where residents already shop at specialty stores. Vieto doesn't foresee what has happened in the past -- clients refusing to take home canned corn, canned cranberry sauce and canned green beans.

“It's not that they're picky” Vieto said. “It's either that they don't know how to cook it, or that they just don't like it. They're used to making things from scratch. You don't see Koreans opening up cans. They can't relate and they don't believe the food is fresh.”

A recent demographic hunger study conducted by Second Harvest Food Bank shows that of the 163,000 monthly clients in Santa Clara and San Mateo counties, 38 percent are Latino, 29 percent are Asian and 27 percent are white. Because of this, for the past seven years, Santa Clara County's Social Services Department has earmarked funds to buy culturally appropriate foods.



Ethnic Neighborhoods

A similar Alameda County Community Food Bank study showed that of the monthly 120,000 clients, 63 percent are African American, 23 percent are white and 15 percent are Latino. Within these statistics, however, are neighborhoods with dense populations of Afghans, Chinese, Vietnamese, Koreans, Pakistanis, Iranians, Indians, Ethiopians, Filipinos and Tongans.

At Tri City Volunteers in Fremont, staff members will hand out the traditional Thanksgiving take home meal of turkey and potatoes. But this year, there also will be an unprecedented addition of 10 pound bags of rice, lentils and black pigeon peas. That way Afghans can cook flat bread, called na'an, and culcha, or cookies, on their own,

(continue on page 19)



Matching demographics with cultural tastes is a new task for a number of food banks trying to better serve immigrant populations who are joining the growing ranks of hungry people in Silicon Valley.

“It's like if an American went to the Third World and was

offered mealworm,” said Jenny Luciano, director of communications for Second Harvest Food Bank in San Jose, the largest food bank in California. “Would we want to eat that mealworm? And would we know what to do with it?”

Tofu and Rice

As best they can, food banks are supplementing the old meat and potatoes scenario with offerings such as tofu and rice. For the holidays, some food banks ask donors to leave the turkeys at home: Chicken is more familiar in many Asian diets, and low income families of every ethnicity find them easier to cook.

It's not that the immigrant populations don't appreciate American generosity, said Meena Kumar, a native of India

HOW TO HELP

Second Harvest Food Bank

If you want to donate food, call (866) 234-3663 or go to www.2ndharvest.net.

Alameda County Community Food Bank

To help, call (510) 834-3259, ext. 326 or go to www.accfb.org.



FRC Programs In The News

– Child care as easy as 1-2-3

Reprinted with permission from The Argus. Article printed 11-7-04

FREMONT. LIKE MOST new mothers, Shafon Johnson is quite attached to her baby. So attached, in fact, that when an infection forced her back to the hospital a week after giving birth, the Newark woman wanted to take her newborn son, Kedrion, with her.

And also like many new parents, Johnson soon will be faced with an even tougher separation - leaving Kedrion every day when she returns to her job as a medical assistant.

Johnson first turned to family members to watch Kedrion, but conflicting schedules kept that from being an option. She then called a family friend, Beverly Reliford. Reliford, a child care provider, is president of the Southern Alameda County Family Child Care Association.

She referred Johnson to the Community Child Care Coordinating Council of Alameda County.

The nonprofit agency -- commonly called The 4C's -- provides free referrals of child care providers from Fremont to San Leandro. A 4C's referral counselor gave Johnson a list of four family child care providers in her area.

Family based providers -- those who provide child care in their homes -- not only are a viable alternative to center based child care, but in some cases the only option.

"Center based infant care is almost impossible to find. Most licensed infant slots are found in family child care," said Angie Garling, coordinator for the Alameda County Child Care Planning Council.

Family child care is much more than just babysitting for infants, however.

At Lillian's Childcare and Preschool in Fremont, operated at the home of Lillian Barrera, her mother, Hope Barrera, sits at a table with four preschoolers, intently looking at books and playing with lettered blocks. All of them can identify the letters of the alphabet.

In another room, Lillian Barrera sits on the floor with her assistant, Tillie Rivera, playing with younger children -- none older than 3 -- in ways that teach them social skills as well as some of the basics they'll need as they get older. Some of these children can also identify letters they are shown.

Hope Barrera and Rivera have worked together at Lillian's for more than 10 years.

"It's good that way. They (the children) get used to us," Lillian Barrera said.

According to Reliford, the learning that takes place at Lillian's is common to most family child care providers.

Many of the providers are former teachers who were looking for ways to spend more time with the children, she said.

Reliford said there are homes for almost every situation and economic level. The 14 children she cares for in her home all have special social or emotional needs, some having witnessed or been the victim of domestic abuse or child neglect.

Even though family child care providers work from their own homes, that doesn't mean they have to do everything on their own. An Alameda County early childhood specialist comes to Reliford's home twice a week to assess the children in her care. Providers also can receive financial assistance to subsidize child care, including meals, for low income families.

The 4C's also provides help to prospective family child care providers, offering workshops and helping them to become licensed, said Tenna Moore, executive director for the organization.

In spite of the wide range of child care options available, Moore said that issues such as commute hours, transportation and cost make finding a suitable child care situation a daunting task for families. The search gets even more complex when more than one child is involved. That's especially true if the children vary in ages, such as an infant and a school age child needing after school care, she said.

She suggested that families leave themselves at least two months to find a provider with whom they will be comfortable.

Referring back to Johnson's search for someone to take care of her new son, Moore said, "If she has one child or infant and lives in an area with providers, she's going to be a lucky parent."

For information on searching for child care, or to learn about other programs available, call the 4C's here at the FRC at (510) 574 2160 or visit www.4c.alameda.org.



FRC Makes Holidays Bright

by Sherri Plaza

FRC Makes Holidays Bright

For many of us, the holiday season was one of sharing, giving, and receiving. But for many of the FRC clients, especially those in need, the holidays could have been bleak were it not for the programs of FRC agencies and a very generous community.

SAVE (Shelter Against Violent Environments)

SAVE has an extensive Adopt-a-Family holiday program for their clients. This year, they adopted out 27 families who receive services from SAVE's police department advocates, counselors, McKinney-Linkages housing program, or who reside at WINGS, SAVE's transitional housing apartment complex. In addition, SAVE provided gifts for the emergency shelter residents on Christmas Day. All together, 40 women and 75 children received new clothing, household items, bath products, games, toys, art supplies, books, movies, and gift certificates to start off their New Year with a big smile!



According to Leslie McGarry, Development Officer at SAVE and program coordinator for Adopt-a-Family, more than 100 community members responded to their clients' wish lists. "It is so heartwarming to see the generosity of the holiday season come to life. We are very fortunate to be the recipient of such an outpouring of support from the community." Donors included individuals, families, corporate employees, and organizations.

Parental Stress Services

Thanks to the generosity of employees at Sandia Labs in Livermore, the wishes of 120 clients were fulfilled. For more than 17 years, Sandia employees have adopted families through local agencies. PSS has been one of the beneficiary agencies for the last 5 years. Clinicians at PSS chose the clients who were in need of holiday gifts, mainly children, and collected their wish lists for Sandia. Employees bought the items and return them all wrapped and ready to distribute to PSS's clients. In previous years, Sandia would dip into a reserve fund specifically set aside for their holiday giving program to complete all the wish lists. But this year, the employees were so generous, they did not need to supplement the giving. Thank you once again, to Sandia Labs and its employees for making the holiday bright for FRC families.

Family Resource Center

Several local programs assisted in serving families that directly receive FRC services. City of Fremont employees annually contribute to a holiday fund that is given to Aging and Family Services and the Family Resource Center. This year, the FRC purchased Target gift cards for 47 individuals that were referred through Youth and Family Services, FST, or case management. Additionally, 20 families were referred to LOV Newark's Adopt-a-Family program and 24 families received toys from LOV Newark's Toys-4-Tots program. A private donor, who chose to remain anonymous, adopted 6 families and through his/her personal contribution and solicitations of friends and businesses, supplied these families with everything they would need for the holidays, including a Christmas tree.

New this year was the "Shop with a Cop" program. Nineteen lucky children, 6 from Healthy Start, 12 from FRC, and 1 from the Fremont Police Department, spent an afternoon buying gifts for their families with a police officer. Read more about this exciting day in the following article, reprinted from *The Fremont Voice*, the newsletter for City of Fremont employees.



The Police Department, in partnership with Mission San Jose Rotary and Target Stores, held the first annual "Shop With A Cop" holiday event for underprivileged children on December 8.

The children, ranging in age from 7-13, had a wonderful time spending the day with their police officer companions. The kids were chauffeured from school in police cars and driven to the Target store at the Fremont Hub. The children purchased holiday gifts for their family members and received special presents from Santa Claus. The event was an incredible success. It was hard to tell who had more fun, the officers or the children!

Reprinted from The Fremont Voice

A Day In The Life of a Staff Member

by Eloisa Murillo with introduction by her manager, Giselle Vieto

Fremont Healthy Start staffs FRC Welcome Center

The FRC Welcome Center plays a critical role in offering superior one-stop service to our clients. The Welcome Center staff has the first interaction with a client and can set the tone and expectation of services.

The Fremont Healthy Start fills this vital role and they're great at making visitors feel welcome in this large complex. Healthy Start Family Resource Specialists (FRSs), with their warm smiles and knowledge of FRC services, quickly assess client needs and direct folks to the appropriate agencies. The phone number for the Welcome Center is 574-2000.

But do you know what FRSs do when they're not at the FRC?

They support the schools and families in the Fremont Unified School District and have offices at Grimmer Elementary School. Speaking 11 different languages, FRSs provide basic need services to families including case management, info and referral, health care, school advocacy, health insurance enrollment and information, food and clothing and scholarships for sports. A resource specialist may work with the student, parents, the family, teachers, school administrators, counselors or social service agencies.

No two cases are alike for a resource specialist. Every Healthy Start family presents unique issues and needs. The following is the actual log of one day's work for a Healthy Start worker.

A Day in the Life:

Eloisa Murillo, Family Resource Specialist

I start my day at 5:00am by walking three miles around Lake Elizabeth. At 8:00am I had an Individualized Education Plan at XYZ School* with teachers, psychologists and parents. I had to translate to parents that their child qualified for Special Education through the category of mental retardation. This was a very difficult meeting.

I am in the office for a 9:00am appointment with Mrs. A regarding her family's Medi-Cal. She was distraught because her daughter had tried to kill herself and they needed the coverage to be activated immediately so that it could cover her medications and counseling. I accompanied her to the Medi-Cal office at the Fremont Family Resource Center and through the computer we were able to track her case and identify her caseworker and her caseworker's supervisor. I was able to ask them about the status of the client and why it was taking so long to be processed. Everything was taken care of and Mrs. A will have her card ready in one week.

At 10:30am Mrs. B came for help in answering questions regarding her Healthy Families application. She wasn't sure if she qualified. We reviewed her income and determined that she indeed qualified for the program. She invited me to her son's birthday party on Saturday.

At 12:00 noon I logged my morning activities. At 12:15pm I had an appointment at Centerville Junior High with a parent and a teacher. The teacher wanted the mom to know that her child was not participating in the class and that he needs to do this to acquire better skills.



Finally, lunch at 1:00pm! I was starving and ate by myself in our conference room. Then on to Washington High School for a 1:30pm appointment with Ms. C and her two teenagers who are causing many problems at the school. Both have serious attendance issues that their mom didn't know about. One was suspended for fighting on school premises. An attendance contract was signed and if it is broken (if this behavior continues) they will be referred to the Student Attendance Review Board where more serious consequences will occur. Mom will also look into family counseling.

At 2:30pm, had another meeting with a teacher and principal regarding Mrs. D and her daughter. This case was similar to the last. The daughter is failing her school subjects and is in danger of being demoted. She is also cutting classes, which the mom didn't realize.

I left an application for a client that needs to apply for disability during the time I was gone from my office. My client came and picked up the form.

Whew - back in the office at 3:45pm! As soon as I arrived a client was waiting. She needed assistance in filling out the Fremont Youth Soccer League form. Her two daughters will play soccer this season through the scholarships we have available for low-income families. This year 113 children will be able to play for either low or no cost. The registration fee is \$115!

Its 4:00pm, my workday is done and I write this narrative. I can tell I made a difference in people's lives today, and it feels good!

**All client and school names have been changed to maintain confidentiality.*

A Development Opportunity

by Christine LaBadie

Do you ever think ‘I wish the FRC would change this’ or ‘it would be nice if the FRC had that’? Well, the FRC is you! And it’s me. And it’s all of us working together to provide superior services to clients. The FRC is a true collaborative where everyone has an opportunity to affect change and improvements through cross-agency committees.

You say you’re too busy? Then consider the benefits of committee work to you personally. You can network with other professionals, learn more about other agencies, add

variety to your work life, and tap other skill sets that you might not get to use in your own job. In essence, Committee work is a development opportunity for FRC employees. You become more valuable to your organization because you are more knowledgeable.

So review the committee descriptions below and feel free to call the contacts listed for more information. Stretch your wings and join a committee today.

Service Integration & Training

Purpose:	This committee implements “No Wrong Door” policy at the FRC, helping to create an integrated service delivery system from a group of co-located agencies. It’s accomplished by providing training and networking opportunities for FRC staff to learn about each other’s programs and services, and how they link, overlap or create gaps in service delivery for FRC customers.
Membership:	Open, staffed by Christine LaBadie, FRC Service Integration Specialist, 574-2292
Meetings:	Meets the fourth Monday of each month from 10:00-11:30 in the Enterprise Room.

Scoop Editorial Board

Purpose:	Oversees the content of the FRC’s quarterly in-house newsletter. Members have the opportunity to write and/or edit articles, develop story ideas and shape the direction of the Scoop. Much of the work is done by email and on one’s own timeline.
Membership:	Open, staffed by Christine LaBadie, FRC Service Integration Specialist, 574-2292
Meetings:	Monthly meeting day and time TBD.

Child Care Committee

Purpose:	Supports the work of Discovery Cove, the FRC’s drop-in child care center that all FRC clients can access. The committee reviews policy issues and makes recommendations regarding usage, marketing, funding and other issues.
Membership:	Open, staffed by Christine LaBadie, FRC Service Integration Specialist, 574-2292
Meetings:	Meets the third Friday of each month from 9:30-11 in the Enterprise Room

Day Away Committee

Purpose:	Plans and implements the annual Day Away, a one-day retreat in the Autumn that is attended by the entire FRC staff. Along with the support of the FRC Core Team, the committee is responsible for planning and preparing every aspect of this fun-filled educational day, including facilities, activities, food, decorations, etc.
Membership:	Open, staffed by Christine LaBadie, FRC Service Integration Specialist, 574-2292
Meetings:	Half year commitment May-October 2005. Meeting schedule TBD.

Community Engagement Committee

Purpose:	Increases the visibility and accessibility of the FRC and its resources to residents by hosting community outreach events and forums. It encourages the involvement of local residents in the FRC community engagement process. And it increases collaboration between FRC member agencies and community agencies in order to better serve our clients.
Membership:	Open. Members include FRC partner agencies and reps from community-based orgs. Staffed by Patricia Garcia, FRC Community Engagement Specialist, 574-2276
Meetings:	Meets the second Monday of each month from 9:30 -11:00 in the Enterprise Room.

Facilities Committee

Purpose:	Oversees facilities and safety issues and makes recommendations regarding policies.
Membership:	Open, staffed by Loretta Williams, FRC Facilities Coordinator, 574-2272
Meetings:	Meets quarterly, new meeting schedule TBD.

A Client Thank You

A grateful client sent the following thank-you letter to the Family Services Team members who helped her and her daughter during a difficult time. The FST is a collaborative project serving CalWORKS eligible clients. Working together as a team, FST members worked toward our mission of strengthening others and improving the quality of their life. This letter is printed with the client's permission. Client names have been changed.



November 17, 2004

Dear Naomi [Nakano-Matsumoto, **FRC Core Team**],

I would like to express my heartfelt thanks and gratitude to you and the Family Service Team, [FST] staff. My daughter and I have received a tremendous help and support from the team and we feel so blessed.

*Rhonda [Boykin, **Social Service Agency**], thank you for your patience and understanding whenever I call you on the phone. Thank you for authorizing Ginny's* day care. It helped her a lot to be with children and loving adults. I believe it helped her recover faster from the trauma as well. While she's at the day care, I had the time to get the necessary help and support for myself to heal and get myself back together. Thank you also for the gas allowance but most of all thank you for the respect you have shown me. All your help is highly appreciated and we will always be grateful to you.*

*Manong Art [Pineda, **EDD**] your assistance with the job searching is highly appreciated. You always encourage me to keep sending application to any job openings. You always give me a whole bunch of job leads. I will keep trying until I get one. Thank you so much for all your help. I will always be grateful to you.*

*To Ruth [LaMer, **FRC Core Team**], your referral with Reva [Srinivasa, **Parental Stress Services**] was a blessing. As you can see, Ginny has now recovered from the trauma and she's now on target. It has helped me with my parenting as well. Thank you for being a good listener and for helping me understand and deal with my emotions/healing. Without your help, I don't know where I would be with my healing. All your help is highly appreciated.*

*Eka [Kato, **FRC Core Team**], I came to you crying, sad, mad, confused, with back pain, with chest pain, headache, sometimes happy, sometimes with Ginny. I did not have any worry because I know that you will always respect and understand me. My meetings with you were always a pleasant experience – even if I have pains – it's like a healing and the respect you have showed me has helped me feel better about myself. Your smile and your "eye expressions" sometimes brighten up days. Thank you for all the resources. All your help is highly appreciated.*

*Deborra [Lay, **FRC Core Team**], I don't see or talk to you often but you're a part of the team and you must have helped me and Ginny indirectly. Thank you so much. We will always be grateful.*

Now that I am getting back to myself again, I am so determined to become self-sufficient. Thank you for the opportunity to go to school.

As much as possible, I want the welfare to end on me, and as soon as I can. I don't want my daughter and grandchildren to be coming to the welfare in the future. With God's blessings, I can become independent so they will also become independent and I hope, together in the future, we can give back to the community.

The kindness, help, support, encouragement and respect you all have showed us is more valuable than gold or any material things. They will be rewarded and we will always look back and thank you FST staff.

May God bless you all!



FRC Special Events – Mark Your Calendar

Salons Against Violence – Hors D'oeuvres & Presentation by Senator Liz Figueroa

Feb 25

12:30-2:00pm

No Cost

Location: Visual Image, 5200 Mowry Ave., Fremont

Contact: Becky Webb 574-2250

Indulgence: an evening of chocolate, art and wine

Apr 7

6:00-9:00pm

Heritage Bank of Commerce, Fremont

\$35 per person. Proceeds benefit SAVE

Contact: Leslie McGarry 574-2266

Fiesta de Colores - Dinner, silent auction and entertainment
May 5

6:00-10:00pm

Fremont Marriott Hotel

\$100 per person. Proceeds benefit City of Fremont's Senior Services and Youth & Family Services' Infant & Toddler Programs

Contact: Iris Preece 574-2128

Fremont FRC Family Fun Day

Jun 4

Saturday Event

FRC Buildings

Contact: Patricia Garcia 574-2276

Ask Resource Rosie!



Question: My husband and I are in the process of getting a divorce. I know it's affecting my kids, but I'm just not really sure how to explain our situation any differently. My husband and I have a lot of anger towards each other and we often find ourselves unable to suppress it around the kids. Is there a class or workshop available to help us through this?

Kids' Turn is a non-profit agency that provides parent-child workshop. These are educational classes to help parents and

children develop a better understanding of how divorce and separation affect each other. Kids learn to communicate their feelings and parents learn to communicate more effectively with each other. The next class in Fremont will take place at the FRC from February 17th to March 24th, every Thursday night from 6:30 to 8pm. Contact their main office in San Francisco to register or for a list of other classes. You may reach them at 1 800/392-9239 or visit their website at www.kidsturn.org.

Question: I need a copy of my credit report and I heard that I could get one for free. Can you please point me in the right direction? I'm not really sure who to call.

Visit the website www.annualcreditreport.com or call the toll free number at 1-877-322-8228 to request a free copy of your credit report. You may also send in a written request to the following address:

Annual Credit Report Request Service
PO Box 105283
Atlanta, GA 30348-5283



Question: Are there any resources for victims of rape? I've looked and I keep getting told to call my insurance company to see what therapist I can go to. I don't want to keep making these phone calls and explaining over and over again what I'm looking for. Can you give me any information?

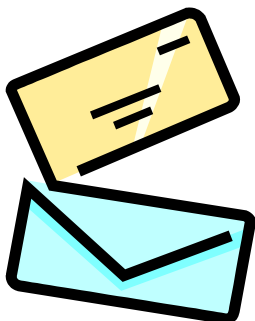
Bay Area Women Against Rape has 24-hour comprehensive services for survivors of sexual assault. They offer the following services:

- 24-hour sexual assault hotline
- Liaison/escort to hospital, police and courtroom.
- Individual counseling for survivors and significant others.
- Information, referrals, and written materials.
- Community education speaking.
- Neighborhood organizing.

All counseling services are confidential and offered free of charge. You can contact them at their 24-hour hotline at 510/845-7273.

Do you, a coworker, or a client have a resource question for Rosie? Do you know of a resource that you would like to share with others? Email her at resourcerosie@hotmail.com. All inquiries are kept confidential.

Honor a Friend or Colleague: Donate to the FRC



The FRC and its member agencies have all been impacted by the lingering downturn in the economy, the state budget crises, and the resulting city and county budget problems. Many agencies are undergoing hiring freezes, lay offs and/or program cutbacks. The FRC has been directly impacted with the loss of County funding for Discovery Cove, our drop-in childcare center. The Cove continues to stay open for now, but we are developing strategies to bring in more revenue.

One strategy is a fundraising drive for individual donors. As part of that drive, we have donation tribute envelopes that can be used for small contributions.

Donors can contribute in honor or memory of someone else, and their donation will be acknowledged to whomever they choose. Envelopes are available in the FRC lobbies. Honor a friend's birthday or promotion with a small donation to the FRC. Every little bit helps!

To make a donation, pick up a donation envelope from the FRC lobby, A110 or call Judy Schwartz at 574-2274.

Money Smart Begins in April

by Christine LaBadie



The Fremont FRC will once again offer Money Smart, the ten-week financial education program. Cleverly scheduled to begin after tax day, this financial program begins April 20th and is offered Wednesday evenings from 7:00-9:00pm. And the best news of all - it's FREE!

Created by the FDIC (Federal Deposit Insurance Corporation), the

curriculum helps participants improve their money skills, understand savings, credit reports, borrowing and homeownership.

Classes in this session are: Bank On It, Borrowing Basics, Check It Out, Money Matters, Pay Yourself First, Keep It Safe, To Your Credit, Charge It Right, Loan To Own, and Your Own Home. Individuals can register for one or all ten workshops.

For more information or to register, please call the FRC at 510-574-2290.

New WIC Hours

2nd Mondays: 8:30am-12:00pm
2nd and 4th Wednesdays: 9:30am- 2:30pm
All Fridays: 8:30am- 5:00pm
Closed for lunch noon-1:00pm on all days

Facilities Update

by Loretta Williams

FRC Termite Fumigation

The City's maintenance staff recently discovered evidence of a termite problem in the FRC buildings. In order to prevent further damage, both buildings will be tented and fumigated. Based on input from the FRC Leadership Team, the **fumigation is planned for the President's Day three-day weekend (Feb. 19 - Feb. 21, 2005)**. The Leadership team felt President's Day was far enough in the future to give all agencies plenty of time to prepare, and that a three-day weekend was optimal since it would cause the least disruption.



Please mark your calendars and plan not to be on the FRC premises during this holiday weekend. If your agency is normally open for business during the weekend, please plan to be closed. All meetings or trainings that are currently scheduled during this weekend should be rescheduled or cancelled. If your staff is required to be "On Call" or needs to meet with clients, please make arrangements to use an alternate location.

Detailed information about preparations needed prior to fumigation (e.g. taking plants home, wrapping food and medications, etc.) is forthcoming. In the coming weeks, I will also be forwarding the Material Safety Data Sheets regarding the fumigant.

Thank you in advance for your assistance.

FRC Landscaping

Have you noticed that the landscaping between the two FRC buildings received a makeover? If not, walk over and check it out. It really is an attractive sight to see compared to the prior appearance. Imagine what this area will look like when the trumpet vines on the trellis are in full bloom this Spring/Summer. I think marvelous...what about you?

Reminder:

Don't Forget to Lock Up

The valuable feature of being able to unlock the Caribbean, Millennium, and Nova conference room doors with your badge was added to make it more convenient to enter and exit freely during meetings.

Please, it is of the utmost importance that you remember to reset the doors to lock/alarm mode at the end of your meeting. Otherwise, you are leaving the FRC open for potential burglary, false

alarms and the possibility of FRC staff being put in harms way. So be safe and lock up!



Discovery Cove Holds Art Gallery Open House

by Christine LaBadie

For one week in December, the FRC's Discovery Cove, our drop-in childcare facility, invited guests to tour its facility and enjoy the children's art gallery. From December 13-17, the childcare team hosted 100 visitors from FRC agencies as well as Recreation Department staff members and Tiny Tot teachers.



The Open House was combined with fundraising as many purchased artwork from the budding child artists. A beautiful gingerbread house was created for the Cove by the Childcare Links staff and donated as a raffle item. Chris Guyon of the 4C's was the lucky gingerbread winner. In total, approximately \$130 was raised for the Cove.

"It was a very busy week taking care of the kids and hosting visitors, but the staff had lots of fun! It was a great experience." said Hajar Ghorbani, the Discovery Cove Director.

Discovery Cove is an hourly, drop-in childcare center. The children learn through arts and crafts, games and activities with supportive, caring adults. Services are available to parents in the Tri-City community, City of Fremont and FRC employees for only \$4.50 per hour, and childcare services are free to FRC clients with agency referrals.

If you didn't get a chance to tour Discovery Cove or see the art gallery, please stop by Monday-Friday 8:30am – 5:00pm. For questions, contact Hajar Ghorbani at 494-4381 or at Discovery Cove 574-2297.

K U D O S !

A sampling of comments from the FRC's "We're All Ears" customer comment forms.

CRIL

David Monson

David was very helpful and patient, too. 9-3-04

FAMILY SERVICE TEAM

Ruth LaMer

I like being in the FST because they help me very well. Especially Ruth LaMer, because she is a good listener. Believe me, it really helps! SJ 7-14-04

FREMONT HEALTHY START

Meena Kumar

Meena helped me and I am thankful for her help and assistance. KS 9-20-04

Meena Kumar

Ms. Kumar is very helpful and kind. I'm pleased and grateful with all the help. 7-2-04

Elosia Murillo

Thank you so much for your professional, sweet, caring about others help today. God Bless you and Sister Marie. BL 7-9-04

FREMONT FAIR HOUSING/LANDLORD TENANT SVS.

Mark Thomasee

Thank you for helping me the last time I was here and for your professionalism. BL 7-9-04

Gloria Lando

Thank you for your collaboration while Healthy Start was on vacation and I couldn't find someone who spoke Spanish to assist with referrals and general assistance. It's because of people like you that the concept of the FRC works! DL 11-04

TRI CITIES ONE STOP CAREER CENTER/EDD

Al Martinez, Shirley Crescenti and Parveen Pandhar

I come to the EDD office at least once a week off and on for the last 2 years. The security guard Al and the front desk personnel, Shirley and Parveen are great and very, very helpful, nice and always go out of their way. CL 8-26-04

How to Contact your Legislators

You can make a difference because your voice matters! Contact your elected officials to let them know your concerns, your support on issues or to let them know “job well done.”

Senator Don Perata (SD-9)

State Capitol Office:

State Capitol, Room 313
Sacramento, CA 95814
(916) 445-6577

District Office:

1515 Clay Street, #2202
Oakland, CA 94612
(510) 286-1333

Assembly Member Guy Houston (15)

State Capitol Office:

State Capitol Room 4208
Sacramento, CA 95814
(916) 319-2015

District Office:

1666 N. Main Street
Walnut Creek, CA 94596

Assembly Member Alberto Torrico (20)

State Capitol Office:

State Capitol, Room number *pending*
Sacramento, CA 95814
(916) 319-2020
District Office:
39510 Paseo Padre Parkway, Suite 360
Fremont, CA 94538
(510) 794-2580

Pete Stark

Washington, DC Office:

239 Cannon HOB
Washington, DC 20515
(202) 225-5065
Fax: 202-226-3805
Office Hours 8:30am-6:00pm Eastern Time
District Office:
39300 Civic Center Dr. Ste. 220
Fremont, CA 94538
(510) 494-1388
Fax (510) 494-5852
Office Hours 9:00-5:00

Senator Liz Figueroa (SD-10)

State Capitol Office:

State Capitol, Room 4061
Sacramento, CA 95814
(916) 445-6671
District Office:
43801 Mission Blvd. #103
Fremont, CA 94539
(510) 413-5960
(408) 286-0329
Fax (510) 413-5965

Assembly Member Wilma Chan (16)

State Capitol Office:

Room 2117
Sacramento, CA 95814
(916) 319-2016
District Office:
1515 Clay Street, Suite 2204
Oakland, CA 94612
(510) 286-1670

Congresswoman Ellen Tauscher

Washington, DC Office:

1034 Longworth House Office Building
Washington, DC 20515
(202) 225-1880
Fax (202) 225-5914
Satellite Office:
2121 North California Blvd #555
Walnut Creek, CA 94596
(925) 932-8899
(925) 932-8159 Fax

U.S. Senator Barbara Boxer-D

Washington, DC Office:

United States Senate
112 Hart Senate Office Building
Washington, D.C. 20510
(202) 224-3553

U.S. Senator Dianne Feinstein-D

Washington, DC Office:

United States Senate
331 Hart Senate Office Building
Washington, DC 20510

Assembly Member Loni Hancock (14)

State Capitol Office:

State Capitol, Room 4139
Sacramento, CA 95814
(916) 319-2014
District Office:
918 Parker Street, Suite A-13
Berkeley, CA 94710

Assembly Member Johan Klehs (18)

State Capitol Office:

State Capitol, Room number *pending*
Sacramento, CA 95814
(916) 319-2018
District Office:
550 Via Mercado
San Lorenzo, CA 94580
(510) 888-2448

Congresswoman Barbara Lee

Washington, DC Office:

426 Cannon HOB
Washington, D.C. 20515*
Phone: (202) 225-2661
Fax: (202) 225-9817
District Office
1301 Clay Street
Suite 1000 North
Oakland, CA 94612
(510) 763-0370
Fax (510) 763-6538

United States Senators (CA)

www.senate.gov/index.htm

United States House of Representatives (CA)

www.house.gov/

California Assembly Members (for Alameda County only)

www.assembly.ca.gov

California Senate Districts

www.sen.ca.gov

WHO'S NEW AND WHO FLEW THE COOP?

by Loretta Williams



Is there a new employee working in your office or was a new employee from another agency seated next to you at a meeting or training? Well, here is the FRC SCOOP...but you didn't hear it from me.

"Who's New"

- Christine LaBadie, FRC Administration
- Sumathi Vijayakumar, FRC Administration
- Martina Sylvia Puente, FRC Family Support Services
- Heather Lozano, FRC Administration via Youth Enrichment Services
- Aaron Tam, Youth Enrichment Services
- Linda Phan, Youth Enrichment Services
- Annie Wong-Futa, Tri-City Community Support
- Dr. Sudha Manjunath, Tri-City Children & Youth Services
- Richard Gallo, CRIL
- Shilpa Arora, SAVE
- Gurpreet Kaur, SAVE
- Heather Dineen, SAVE
- Karen Burke-Johnson, SAVE
- Donna Fletcher, SAVE
- Grace Jiang, SAVE
- Airelle Harris, SAVE
- Mizgon Zahir, Afghan Coalition
- Fareed Wardak, Afghan Coalition Society of Professionals
- Cloresha James, Workforce & Benefits Administration
- Christine Peraza, Workforce & Benefits Administration
- Glenn Wallace, Alameda County Social Services Agency
- Monday Parker, State Department of Rehabilitation
- Catarina Whiteford, Alameda County WIC

Welcome to all!

"Who Flew the Coop"

- David Monson, CRIL
- Quentin Teal, Workforce & Benefits Administration
- Rhonda Boykins, Workforce & Benefits Administration
- Chris Kondo, Alameda County Social Services Agency
- Dr. Surinder Punia, Tri-City Community Support
- Parveen Pandher, Tri-City One-Stop Career Center/EDD
- Melinda Paull, Child Care Links (Last day – 2/4)

Best Wishes in your next adventure

One more piece of pressing news...but remember you didn't hear it me - Meena Kumar (formerly of Fremont Healthy Start/FRC Resource Specialist) is now employed with 4C's and will be staffing the 4C's FRC office 2-3 days a week. Meena, congratulations on your new job!

FRC Agency site directors/managers, please notify Deborra Lay via phone 574-2280 or email dlay@ci.fremont.ca.us about new and/or departing staff within your agency. We want to be sure they are added to the FRC Agencies – All User Staff email address book. Please send to Deborra: the employee's name, agency name, phone number and email address.

FRC Programs In The News

— Bay Area food banks cater to clients' cultures

(continued from page 8)

said Qurban Ahadi of Union City, a packer at the food bank and the originator of the new Afghan program.

While food banks try to pay attention to demographics, shelters must rely on whatever is donated to them, said Ky Le, who manages the food services at the Emergency Housing Consortium in San Jose. He added that some of these centers serve an ethnic mix of 250 people a day. When cooking for such a large and diverse group, Le said: "You can't prepare one meal for this group and one meal for that."

Designing Menus

Still, Le said he tries to tailor the meals as best he can. At armories in Gilroy and San Jose, chefs cook taco salads and enchiladas for the many Latino clients.

While some newly arrived immigrants may turn their nose up at a can of spam or a box of macaroni and cheese, there also is a cross cultural experience that occurs when immigrants learn about new foods. In the East Bay, it took about two years to educate the African American community on how to cook salmon steaks, said Jessica Bartholow, director of education at the Alameda County Community Food Bank. Now, it's one of the most popular items.

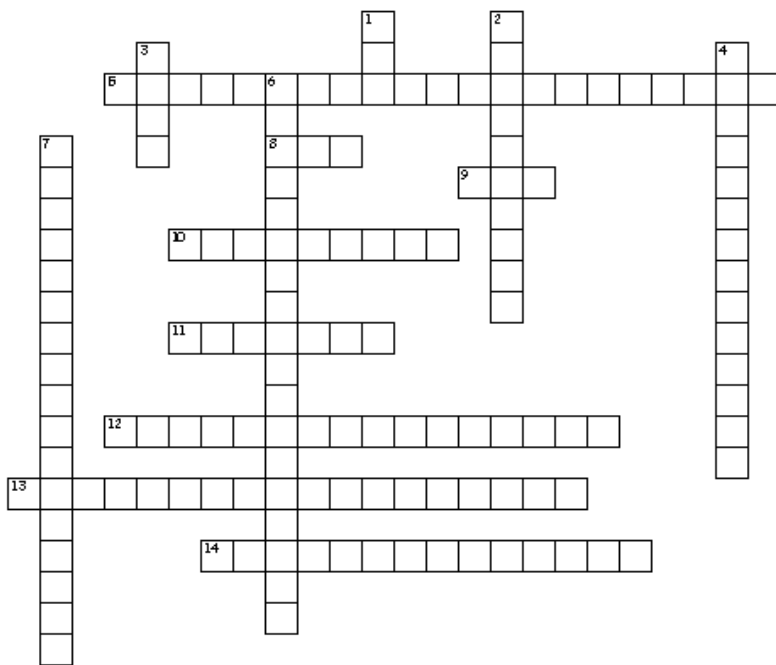
Ahadi from Tri City Volunteers said many Afghans have learned to relish canned food. And of course, he added, they love the sweet stuff, pointing to snack packs of vanilla pudding.

"They like that too much," he said.

Win a Prize!

It's brain teaser time! Show off your knowledge of the FRC with our crossword puzzle! Turn in your completed puzzle by February 11 for a chance in our drawing.

FRC Agencies



Across

5. Located in Suite F600
8. Received the Star Agency Collaboration Award for 2004 (Abbr)
9. Has a dietician available 1 - 2 times per month for high risk clients
10. Fremont Healthy Start speaks 10 different

11. Community Child Care Coordinating _____
12. Informs new veterans about services available to them
13. Deals with medication management
14. Pays for Stage II and III of the CalWORKs child care program

Down

1. Youth and Family Services (Abbr)
2. Community Resources for Independent Living offers education for _____ rights
3. Assists with Temporary Restraining Orders (Abbr)
4. Suite F630 is home to the State of California Department of _____
6. Assists with migration from other U.S. states to California
7. Assists in eliminating barriers to employment

Drop off your completed puzzle at the FRC Admin Office #A110 by February 11th. All correct puzzles will be entered into a drawing and the winner will be announced the following week. Good luck and have fun!

Your Name: _____

Agency: _____

Phone: _____



Family Resource Center

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